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You are here: [Home](#) » [Recipe](#) » [BBQ](#) » Yakitori (Skewered Grilled Chicken)

HOME

[Yummy Products](#)
[Cookery School](#)
[Cook Book](#)
[News & Events](#)

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[Thailand](#)
[Other Countries](#)

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[Appetizers](#)
[Bake](#)
[BBQ](#)
[Beverage](#)
[Soup & Curry](#)
[Stir fry](#)
[Salad](#)
[Steam](#)
[Noodle](#)
[Vegetarian](#)
[Dessert](#)
[Others](#)

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[Curry Paste](#)
[Flour & Noodle](#)
[Herbs & Spices](#)
[Seasoning](#)
[Vegetables](#)
[Others Ingredient](#)

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[Food & Health Article](#)
[Regional Thai Cuisine](#)
[Eating The Thai Way](#)
[The Food Name](#)
[Thai Equipment](#)
[Thai Hom Mali Rice](#)
[Thai Fruits](#)
[Fruit & Vegetable Carving](#)
[Internation Thai Market](#)
[Photo Gallery](#)

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Recipe: Yakitori (Skewered Grilled Chicken)



Recipe: BBQ

Yakitori (Skewered Grilled Chicken)

Yakitori is so popular that it is an almost indispensable dish in most Japanese drinking places. It is also often served at parties.

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Preparation Time: 15-20 minutes
Approximate Cooking Time: 35-40 minutes
Serves: 5-7

Ingredients For Yakitori

10 ounces (300g) chicken thigh, boned
10 ounces (300g) chicken wing, boned
1/2 pound (230g) chicken liver
2 long onions
16 small green peppers
1/2 teaspoon salt

Yakitori sauce

4 tablespoons sugar
1/2 cup (120 ml) mirin
1/2 cup (120ml) soy sauce
lemon
sansho (powdered Japanese pepper)
shichimi-togarashi (powdered red pepper mixed with six other spices)
bamboo skewers



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1 Boil yakitori sauce until reduced to 2/3.



2 Grill skewered meat and vegetable pieces over open fire.



3 Brush on yakitori sauce 2-3 times while grilling.

Cooking Instruction:

1 Soak liver in plenty of water for 15-30 minutes to remove blood. **0** Cut chicken (thigh and wings) and liver into bite-size pieces. Mount 4 pieces each onto bamboo skewers.

2 Cut long onions into 2-inch pieces and mount onto bamboo skewers. The same with small green peppers.

3 To make yakitori sauce: Mix sugar, mirin, and soy sauce "and boil until reduced to 2/3 original amount (picture 1).

4 Grill skewered meat and vegetable pieces over open fire as in a barbecue (picture 2/see note). Brush meat with yakitori sauce 2-3 times while grilling (picture 3). For vegetables, brush once with sauce, and grill. Grill some of the skewered pieces simply sprinkled with salt.

5 Place in a serving dish and serve with lemon juice, sansho or shichimi-togarashi.

Note: Soaking bamboo skewers in salted water before using helps keep them from burning.

Yakitori (Skewered Grilled Chicken)



Photo Gallery

The unique
orientation

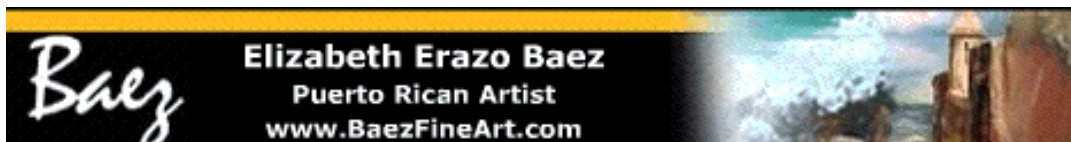


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